

A REVIEW ON RASAUSHADHIS MENTIONED IN BHAISHAJYA RATNAVALI FOR THE MANAGEMENT OF GRAHANI ROGA

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ABSTRACT

Gastro-Intestinal (GIT) Disorders form a significant part of medical practice in the world. Since ancient times till date, Grahani Roga has been a precursor and is also a major source of many GIT ailments. The word Grahani indicates the seat of Agni (digestive fire) helping in the digestion and metabolism of food. In classics, Grahani has been described to perform the functions like ingestion, digestion, absorption and assimilation of Aahara. The faulty lifestyle like changed eating habits and their patterns, busy schedules with abnormal-stressful life events, inadequate sleep and non-observance of Dinacharya, Ritucharya, Ratricharya and Sadvritta have been the etiological factors for thriving metabolic diseases within the community. Due to improper digestion of food, there is vitiation of the Doshas and Agni with associated predominant symptom being altered bowel habits like Constipation and Diarrhea, comprehensively termed as Grahani Roga. Symptomatology and causative factors of Grahani Roga can be considered similar to that of Irritable Bowel Syndrome. There are lots of classical texts available in Ayurveda but Bhaishajya Ratnavali by Govind Das Sen, a classic compendium contains a compilation and systematic categorization of the different herbal and herbo-mineral formulations & Pathya-Apathya for each disease. Rasaushadhis are appraised for their instant relief at minuscule doses which are useful in treating the majority of grave disease conditions. In this article, an attempt is made to collect the details of Rasaushadhis used in Grahani Roga and to analyze the mode of action of these individual Bhasmas and formulations based on their ingredients and efficacy at the level of Dosha, Dushya, Samprapti and Lakshanas.

KEYWORDS: Grahani Roga, Irritable Bowel Syndrome, Rasaushadhi, Bhaishajya Ratnavali

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INTRODUCTION

Grahani has both anatomical and physiological significance in Ayurvedic science. In its physiological sense, it is closely associated with Agni, the metabolic principle. Grahani Roga is rife among the folk accustomed to insalubrious habits and suffering from nutritional paucity. The inappropriate way of life as in unwholesome food consumption, stress, sleep deprivation and non-observance of Sadvritta are the prime inducers of Grahani Roga. The disease is portrayed as having symptoms of alternating constipation and diarrhea which arise as a result of Ama formed due to vitiated Agni and Doshas, a consequence of anomalous digestion of food¹⁻⁴. Irritable Bowel Syndrome (IBS) is a functional bowel disorder characterized by abdominal pain or discomfort and altered bowel habits in the absence of detectable structural abnormalities⁵.

Jatharagni is paramount to all living beings⁶. Adequate and timely intake of food in the equilibrium state of Agni results in proper digestion which would favor the maintenance of normalcy of Dhatu. Slackened digestive

power leads to *Vidaha* (a part of food which is digested the other part remaining without digestion) either moving upwards or downwards in *Mahastrotas* and when the movement is downwards, it is termed as *Grahani Roga*. In this condition, the food stays in the *Vidagdha Avastha* giving rise to the symptoms like diarrhea or constipation, thirst, difficulty swallowing, tastelessness, excessive salivation, shortness of breath, fever, vomiting, and eructations⁷. In order to enhance the *Agni* for achieving eupepsia and to pacify *Vata-Pitta Doshas*, drugs having *Kashaya Rasa*, *Ushna Veerya*, *Madhura Vipaka* & *Ruksha Guna* are used. Medications which offer mass to the stool, hydrate the body and have nutritional advantages reduce the symptoms of *Grahani Roga*.

Grahani Roga /Dosha

As per *Acharya Charaka*, *Grahani* is located above *Nabhi* (umbilical region). *Agni* resides in *Grahani* and reinforces it. It is named so because of its capacity to hold (*Grahanat*) food and restrain downward movement of undigested food and releases the digested food through its lumen. In the abnormal condition, when it gets vitiated because of weakness of *Agni*, it releases the food in undigested form itself⁸. *Acharaya Sushruta* describes *Grahani* as *Shasti Pittadhara Kala* located between *Amashaya* and *Pakwashaya*⁹. *Ashtanga Sangraha* quotes that *Grahani* does the functions like ingesting, digesting, absorbing and assimilating the *Chaturvidha Ahara* and ensuring the removal of waste product¹⁰. *Chakrapani* states that *Grahani Dosha* as *Trividha* abnormalities of *Jatharagni*¹¹. *Grahani Roga/Dosha* has undoubtedly turned out to be one of the initiating factors of other illnesses. As indicated by *Charaka*, *Agni* being consequently vitiated, the individual doesn't even assimilate the lightest of meals. This indigestible food becomes acidulous to taste and becomes incompatible with the body¹². *Acharya Sushruta* says that a person tends to land in *Grahani Dosha/Roga* due to his misdemeanor of food and way of living after getting treated for *Atisara*¹³.

Etiological Factors ¹⁴

- ☐ *Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya Guru, Ruksha* and *Sandusta Bhojanat* etc.
- ☐ *Vyadhikarshanat* and *Vegavidharana*
- ☐ Anguish, Stress, anxiety
- ☐ Indiscipline life style and food habits
- ☐ Contaminated environment
- ☐ Insufficient nutrition
- ☐ Infectious predominance
- ☐ Diminished *Agni* status
- ☐ Disease condition enfeebling *Agni*
- ☐ *Virudha-Ahara*
- ☐ Ignorance regarding consideration of *Desha* and *Kala* during food consumption

Signs and Symptoms

The patient passes stool in large quantity either in solid or liquid form frequently along with symptoms like *Trishna* (Thirst), *Aruchi* (Anorexia), *Virasya* (Distaste of Mouth), *Praseka* (Excessive salivation). He also suffers from oedema in

Legs and Hands, Pain in Bones and Phalanges, *Chardi* (Vomiting), *Jwara* (Fever) and *Tiktha Amalodhgaara* (Eructation having metabolic smell of *Ama* and Bitter as well as sour taste)¹⁵. As per *Acharaya Sushruta*, the patient afflicted with *Grahani Roga* grumbles of Oedema over hands and feet, debility, pain in the little joints of hands and feet, greediness for food, thirst, retching, fever, anorexia and burning sensation¹⁶.

LIST OF RASAUSHADHIS FOR GRAHANI ROGA MENTIONED IN BHAISHAJYA RATNAVALI

Sl.No	Name	Ingredients	
		Rasa Dravyas	Other ingredients
1	<i>Madhyama Gangadhara Churna</i>	<i>Shuddha Parada and Shuddha Gandhaka</i>	11 drugs - <i>Bilwa, Mocharasa, Patha</i> etc.,
2	<i>Brihatlavangadya Churna</i>	<i>Abhraka Bhasma, Loha Bhasma, Shuddha Parada and Shuddha Gandhaka</i>	42 drugs - <i>Lavanga, Ativisha, Musta</i> etc.,
3	<i>Lavangaadhyam Churna</i>	<i>Abhraka bhasma, Loha bhasma, Shuddha Parada and Shuddha Gandhaka</i>	39 drugs - <i>Lavanga, Jeeraka, Harenuka</i> etc.,
4	<i>Swalpanaayika Churna</i>	<i>Shuddha Parada and Shuddha Gandhaka</i>	8 drugs - <i>Pancha Lavana, Trikatu, Shuddha Vijaya</i> etc.,
5	<i>Madhyamanaayika Churna</i>	<i>Abhraka Bhasma, Loha Bhasma, Shuddha Parada and Shuddha Gandhaka</i>	9 drugs - <i>Pancha Lavana, Trikatu, Shuddha Vijaya</i> etc.,
6	<i>Brihanaayika churna</i>	<i>Abhraka Bhasma, Shuddha Tankana, Shuddha Parada and Shuddha Gandhaka</i>	27 drugs - <i>Chitraka, Triphala, Vyosha</i> etc.,
7	<i>Grahanishaardoola Churna</i>	<i>Abhraka Bhasma, Loha Bhasma, Shuddha Parada and Shuddha Gandhaka</i>	26 drugs - <i>Hingu, Pancha Lavana, Haridra</i> etc.,
8	<i>Jeerakadya Churna</i>	<i>Abhraka Bhasma, Shuddha Parada and Shuddha Gandhaka, Shuddha Tankana,</i>	20 drugs - <i>Jeeraka, Musta, Patha</i> etc.,
9	<i>Markandeya Churna</i>	<i>Shuddha Tankana, Abhraka Bhasma, Shuddha Parada, Shuddha Hingula and Shuddha Gandhaka</i>	16 drugs - <i>Vyosha, Jathiphala, Lavanga</i> etc.,
10	<i>Shreekamaeshwara Modaka</i>	<i>Abhraka Bhasma</i>	43 drugs - <i>Katphala, Kushta, Ashwagandha</i> etc.,
11	<i>Jeerakaadi Modaka</i>	<i>Abhraka Bhasma, Loha Bhasma, Vanga Bhasma</i>	41 drugs - <i>Jeeraka, Vijaya Beeja, Talisapatra</i> etc.,
12	<i>Brihat Jeerakaadi Modaka</i>	<i>Abhraka Bhasma, Loha Bhasma, Vanga Bhasma</i>	48 drugs - <i>Jeeraka, Kushta, Shunti</i> etc.,
13	<i>Agnikumara Modaka</i>	<i>Abhraka Bhasma, Loha Bhasma,</i>	34 drugs - <i>Usheera, Netrabaala, Musta</i> etc.,
14	<i>Hamsapottali Rasa</i>	<i>Kaparda Bhasma, Shuddha Gandhaka, Shuddha Parada</i>	5 drugs - <i>Trikatu, Visha, Jambeera</i> etc.,
15	<i>Grahanikaparda Pottali Rasa</i>	<i>Kaparda Bhasma, Shuddha Tankana, Shuddha Gandhaka, Shuddha Parada</i>	1 drug - <i>Vijaya</i>
16	<i>Agnikumara Rasa</i>	<i>Shuddha Gandhaka, Shuddha Parada, Shuddha Tankana, Abhraka Bhasma, Loha Bhasma,</i>	7 drugs - <i>Vatsanabha, Trikatu, Ajamoda</i> etc.,
17	<i>Grahanikapata Rasa (Swalpa)</i>	<i>Shuddha Hingula, Shuddha Gandhaka, Varatika Bhasma</i>	3 drugs - <i>Vamshalochana, Ahiphena, Aja Ksheera</i>

18	<i>Grahanikapata Rasa (Dwitiya)</i>	<i>Shuddha Parada, Shuddha Gandhaka</i>	6 drugs – <i>Jatiphala, Lavanga, Bilvapatra</i> etc.,
19	<i>Grahanikapata Rasa (Tritiya)</i>	<i>Shuddha Parada, Shuddha Gandhaka</i>	4 drugs – <i>Shwetasarja, Suryavarta, Bilwa, Shringataka</i>
20	<i>Grahanikapata Rasa (Chaturtha)</i>	<i>Shuddha Parada, Shuddha Gandhaka</i>	2 drugs – <i>Ardraka, Kutaja</i>
21	<i>Grahanikapata rasa (Panchama)</i>	<i>Shuddha Parada, Shuddha Gandhaka, Shuddha Tankana,</i>	12 drugs – <i>Jatipahala, Bilwa, Khadira</i> etc.,
22	<i>Grahanivajrakapata Rasa</i>	<i>Shuddha Parada, Shuddha Gandhaka, Abhraka Bhasma,</i>	9 drugs – <i>Jayanti, Vacha, Bhringaraja</i> etc.,
23	<i>Grahanivajrakapata Rasa (Brihat)</i>	<i>Rajata Bhasma, Mukta Bhasma, Swarna Bhasma, Loha Bhasma, Shuddha Parada, Shuddha Gandhaka</i>	9 drugs – <i>Khadira, Bala, Apamarga</i> etc.,
24	<i>Sangraha grahanikapata Rasa</i>	<i>Mukta Bhasma, Swarna Bhasma, Shuddha Tankana, Shuddha Parada, Shuddha Gandhaka, Abhraka Bhasma, Kaparda Bhasma, Shankha Bhasma</i>	5 drugs – <i>Vatsanabha, Ativisha, Vijaya, Chitraka, Musali</i>
25	<i>Grahanigajendra Vatika</i>	<i>Shuddha Tankana, Shuddha Parada, Shuddha Gandhaka, Loha bhasma, Shankha Bhasma</i>	22 drugs – <i>Hingu, Shati, Taleesapatra</i> etc.,
26	<i>Grahanishaardula Rasa</i>	<i>Swarna Bhasma, Shuddha Parada, Shuddha Gandhaka</i>	5 drugs – <i>Lavanga, Nimbapatra, Jatikosha, Jatiphala, Sukshma Ela</i>
27	<i>Vajrakapato Rasa</i>	<i>Shuddha Parada, Shuddha Gandhaka</i>	10 drugs – <i>Ahiphena, Mocharasa, Trikatu, Triphala, Vijaya, Bhringaraja</i>
28	<i>Mahagandhakam</i>	<i>Shuddha Parada, Shuddha Gandhaka</i>	6 drugs – <i>Jatiphala, Jatikosha, Lavanga, Nimbapatra, Sindhuvara, Ela</i>
29	<i>Shreevaideyanatha Vatika</i>	<i>Shuddha Parada, Shuddha Gandhaka</i>	16 drugs – <i>Chitraka, Triphala, Bhringaraja</i> etc.,
30	<i>Khasarpana Vatika</i>	<i>Shuddha Parada, Shuddha Gandhaka</i>	9 drugs – <i>Haridra, Bhringaraja, Mandukaparni</i> etc.,
31	<i>Rasabhra Vati</i>	<i>Shuddha Parada, Shuddha Gandhaka, Abhraka Bhasma, Shuddha Tankana</i>	12 drugs – <i>Kesharaja, Bhringaraja, Nirgundi</i> etc.,
32	<i>Mahabhra Vati</i>	<i>Abhraka Bhasma, Loha Bhasma, Tamra Bhasma, Shuddha Manahshila, Shuddha Tankana, Shuddha Parada and Shuddha Gandhaka</i>	25 drugs – <i>Krishnasarpa Visha, Triphala, Bhringaraja</i> etc.,
33	<i>Peeyushavalli Rasa</i>	<i>Abhraka Bhasma, Loha Bhasma, Rajata Bhasma, Tamra Bhasma Shuddha Parada and Shuddha Gandhaka, Swarna Makshika Bhasma</i>	19 drugs – <i>Lavanga, Shweta Chandana, Patha</i> etc.,
34	<i>Paneeyabhakta Vati</i>	<i>Abhraka Bhasma, Loha Bhasma</i>	19 drugs – <i>Vayuvidanga, Chavya, Shunti</i> etc.,
35	<i>Shreenrupathivallabha Rasa</i>	<i>Abhraka Bhasma, Loha Bhasma, Tamra Bhasma Shuddha Parada</i>	14 drugs – <i>Jatiphala, Lavanga, Musta</i> etc.,

		and Shuddha Gandhaka	
36	Brihat Nrupavallabha Rasa	Abhraka Bhasma, Loha Bhasma, Naga Bhasma Shuddha Parada and Shuddha Gandhaka, Shuddha Tankana, Rajata Bhasma, Swarna Bhasma	15 drugs – Chitraka, Nishotha, Jatiphala etc.,
37	Maharaja Nrupathivallabha Rasa	Abhrak Bhasma, Loha Bhasma, Tamra Bhasma Shuddha Parada and Shuddha Gandhaka, Rajata Bhasma, Swarna Bhasma, Swarna Makshika Bhasma, Shuddha Tankana	25 drugs – Bhringaraja, Gajapippalai, Danti etc.,
38	Maharaja Nrupavallabha Rasa	Abhraka Bhasma, Loha Bhasma, Tamra Bhasma, Shuddha Gandhaka, Rajata Bhasma, Swarna Bhasma, Swarna Makshika Bhasma, Vanga Bhasma, Shankha Bhasma	19 drugs – Pippalimula, Shunti, Saindhava Lavana etc.,
39	Jaatipalaadi Vati	Shuddha Tankana, Abhraka Bhasma	4 drugs – Jatiphala, Vijaya, Ahiphena, Gandhaprasarini
40	Jaatipalaadya Vati	Abhraka Bhasma, Shuddha Parada, Shuddha Gandhaka, Shuddha Tankana	19 drugs – Jatiphala, Mocharasa, Musta etc.,
41	Vadavaamukha Rasa	Abhraka Bhasma, Shuddha Parada, Tamra Bhasma, Shuddha Gandhaka, Shuddha Tankana	10 drugs – Samudra Lavana, Yavakshara, Sarjika Kshara etc.,
42	Rasa Parpati	Shuddha Parada, Shuddha Gandhaka	7 drugs – Bhringaraja Triphala, ghritakumari etc.,
43	Loha Parpati	Shuddha Parada, Shuddha Gandhaka, Loha Bhasma	-
44	Swarna Parpati	Shuddha Parada, Shuddha Gandhaka, Swarna Bhasma	-
45	Panchamrita Parpati	Abhraka Bhasma, Loha Bhasma, Tamra Bhasma, Shuddha Gandhaka, Shuddha Parada	-
46	Vijaya Parpati	Shuddha Gandhaka, Shuddha Parada, Rajata Bhasma, Swarna Bhasma, Vajra Bhasma, Muktha Bhasma	1 drug – Bhringaraja
47	Hiranyagarbha Pottali Rasa	Shuddha Parada, Swarna Bhasma, Mukta Bhasma, Shankha Bhasma, Shuddha Gandhaka, Kapardika Bhasma, Shuddha Tankana	1 drug – Nimbu Swarasa
48	Rasendra Churnam	Rasasindhura, Muktha Bhasma, Swarna Bhasma	3 drugs – Vamshalochana, Ahiphena, Goksheera
49	Purnakala Vati	Shuddha Gandhaka, Shuddha Parada, Loha Bhasma, Shuddha Tankana, Abhraka Bhasma	26 drugs – Musta, Dhataki Pushpa, Bilwa etc.,
50	Shambhukadi Vati	Shambuka Bhasma	2 drugs – Saindhava Lavana, Madhu
51	Agastyasootaraja Rasa	Shuddha Gandhaka, Shuddha Parada, Shuddha Hingula	3 drugs – Ahiphena, Dustura, Bhringaraja
52	Agnisunu Rasa	Kapardika Bhasma, Shankha	2 drugs – Nimbu

		<i>Bhasma, Shuddha Gandhaka, Shuddha Parada</i>	<i>Swarasa, Maricha</i>
53	<i>Dugdha Vati</i>	<i>Shuddha Hingula</i>	6 drugs – <i>Devapushpa, Ahiphena, Visha</i> etc.,
54	<i>Dugdha Vati Dwitiya</i>	<i>Kantaloha Bhasma, Abhraka Bhasma</i>	3 drugs – <i>Vatsanabha, Ahiphena, Goksheera</i>
55	<i>Panchamrita Mandura</i>	<i>Loha Bhasma, Tamra Bhasma, Shuddha Gandhaka, Shuddha Parada, Abhraka Bhasma, Shuddha Mandura</i>	22 drugs – <i>Trikatu, Triphala, Musta, Vayuvidanga</i> etc.,

DISCUSSION

The Ayurvedic Science proposes that *Grahani Roga* can be treated by adopting the idea of *Langhana, Deepana – Pachana* using suitable medications that enhance the *Agni* and removes the *Ama*. *Acharya Bhava Praksha* says that *Grahani Dosha* ought to be dealt with like that of *Ajeerna Roga*. He also specifies the usage of *Atisarahara Dravyas* along with *Deepaniya Dravyas* and *Langhana*¹⁷.

Although many herbal formulations have been mentioned for the *Chikitsa*(treatment) of *Grahani Roga*, *Rasaushadhis* play a major part because of *Alpamaatropayogitvat*(requirement of very small dose), *kshipramarogyadhayitvat*(instant effectiveness) and *Yogavahi*(synergistic) property¹⁸.

Here, Sulphur acts by its *Ushna Virya, Tikshna, Yogavahi, Amadoshahara* properties and *Rasayana, Sheeta Shamana, Deepana, Brimhana, Balya* functions mitigate *Vata Kapaha Dosha*, helps in bringing back *Agni* to normalcy and thereby correcting *Ajeerna*. Sulphur is present in numerous biological molecules like cysteine, taurine, cystin, methionine and glutathione etc., antioxidant enzymes¹⁹. These biomolecules serve as curing factors in *Ajeerna* whereas *Parada* acts as transitory catalyst²⁰.

Deepana Pachana property of *Kaparda Bhasma* helps to relive deranged *Pitta*. As per modern science, *Kaparda Bhasma* contains calcium carbonate. Calcium has a unique role in cell physiology in living organisms. It takes part in the production of many enzymes and hormones which regulate the digestion process and metabolism²¹.

Bhasmas and *Rasa dravyas* like *Abhraka Bhasma, Tamra Bhasma, Vanga Bhasma, Kaparda Bhasma, Mukta Bhasma, Shankha Bhasma, Naga Bhasma, Rasasindhura, Mandura Bhasma, Swarnabhasma, Rajatabhasma, Swarnamakshikabhasma, Shuddha Tankana* are having *Deepana* action and hence indicated in *Grahani Roga*.

Shuddha Hingula and *Shambuka Bhasma* are having both *Deepana* and *Pachana* action. *Tamra, Kaparda, Shankha, Naga* are specifically indicated for *Grahani Roga*. *Shankha Bhasma, Shambuka Bhasma* and *Gandhaka* have *Udara Shoolahara* property.

Parada, Swarnamakshika, Vajra are having *Yogavahi* property thereby potentiating the herbal drugs having the properties like stool bulking agents, anti-spasmodics, anti-diarrheals, antifatulents, modulation of gut flora.

Grahani Roga is chiefly caused by *Mandagni*. Henceforth rebuilding of *Agni* is the core area of concern in the treatment of *Grahani Roga*. *Parpati* preparation involves *Agni Samskara* through which appetite is improved due to *Deepana* and *Ushna* properties of *Agni*. As *Vata* gets alleviated the symptoms like *Atipravritti* of *Mala* switch to *Samyak*

Pravritti. *Poshaka Rasa* gets absorbed into the *Srotas* as the intestinal ducts are opened by the *Deepana*, *Pachana* and *Ushna Gunas* of the *Dravyas*.

The metals and minerals present in these *Yogas* aid in mitigating the *Vata*, *Pitta* and *Kapha Doshas* as they have attributes like *Kashaya Rasa*, *Ruksha Guna*, *Ushna Veerya*, *Madhura Vipaka* and thereby potentiating the *Agni* which ameliorates the digestion process and helps in the management of a disease.

CONCLUSIONS

Grahani Roga is a *Annavaha Srotovyadhi* concerned with *Agni* and a way of living. As per *Ayurveda* impairment of *Jatharagni*, *Samana Vayu*, *Pachaka Pitta* and *Kledaka Kapha* are responsible for the manifestation of *Grahani Roga* hence regarded as *Tridoshatmaka Vyadhi*. This illness is portrayed by Stomach torments, distended abdomen and disturbed bowel habits. In classics, discrete dosage forms have been mentioned for the management of *Grahani Roga* among which *Rasaushadhis* have supremacy due to their swift action with minimal dose. By utilization of these medications as a solitary medication or in combination one can handle as well as deal with the illness very well.

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